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Navy and Marine Corps Medical News (MEDNEWS)  
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This service is for general distribution of information and news to Sailors and Marines and their families, civilian employees, and retired members of the Navy and Marine Corps and their families. Further dissemination of this information is encouraged.

Stories for this week include:

Psychologist Gets Underway Aboard KITTY HAWK  
Wellness Center Opens at NAS Lemoore  
DTs Train to Fill Hygienist Void  
Quantico Corpsman Wins Two Ways  
Halyburton Memorial Garden Dedicated to Comrades  
Telephone Fraud Hit Beaufort, Bethesda Hospitals  
BUPERS Improves Toll-Free Information Line  
Ready Reserves Insurable Against Income Loss  
TRICARE Question and Answer  
Healthwatch: Safety Tips for Trick-or-Treaters

Headline: Psychologist Gets Underway Aboard KITTY HAWK  
NH Bremerton, WA -- When LT Helen Napier, MSC, gets underway with USS KITTY HAWK this month, she'll be the first psychologist assigned to a combatant.

Napier, stationed at Naval Hospital (NH) Bremerton, WA, will cruise with KITTY HAWK for about six months. She will participate in a precedent setting pilot program developed in response to a request from the carrier's Senior Medical Officer, CAPT Homer Moore, MC, and the ship's Commanding Officer, CAPT Steven Tomaszewski.

According to Napier, there are lots of good reasons for having a psychologist aboard--more than five thousand of them.

"There are (about) 5,500 people on an aircraft carrier, and the average age is about 19, so you are dealing with a lot of 'adjustment to life' situations," she said. "For many of these Sailors, it's their first time away from home, and we'll be gone through all the major holidays. That takes a toll."

Napier expects the cruise will give her a much better perspective into the lives of her patients.

"I'll understand the living conditions--what Sailors have to contend with day to day rather than what I am able

to understand from an hour's visit with a patient."

Napier said she sees one of her goals as shipboard psychologist is reducing the need for Sailors to be medevaced off the ship. "That becomes very costly," she said.

In addition to mental health counseling, Napier will also teach health promotion classes and conduct aeromedical evaluations.

By Judith Williams, NH Bremerton

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#### Headline: Wellness Center Opens at NAS Lemoore

Lemoore, CA--Naval Air Station (NAS) Lemoore, CA, opened the doors to its new Wellness Center last month, a symbol of a partnership between the Medical and Line communities to keep Sailors and Marines and their families healthy and on the job.

The first Navy facility of its kind on the West Coast, the center provides patient education, disease prevention and early intervention services for active duty members, retired personnel, Reservists, and DoD civilians. Military family members, including children, are also welcome.

"I'm happy and excited about what this facility will do for the base and the retired community," CAPT Deak Childress, NAS Lemoore's commanding officer, said at the opening ceremony last month.

The staff of six provides counseling services on such topics as tobacco cessation, weight control, and diabetes and asthma management. More classes, such as cholesterol and hypertension management, will be added as clients request them.

"We get a lot of people who come in for one class, and then get interested in other programs," said LT Constance E. Hymas, NC, health promotions officer at NAS Lemoore, whose office is located in the Wellness Center.

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#### Headline: DTs Train to Fill Hygienist Void

Until now, almost all of the Navy's dental hygienists were civilians, hired under a contract to fill a void the Navy couldn't fill. But all that may be changing soon, thanks to a new program that will provide training to dental technicians to become hygienists.

In exchange for a three year obligation, the Navy is sending five dental technicians full time to Coastal Carolina Community College in Jacksonville, NC. When the five are done with their schooling, they'll have an associate's degree in dental hygiene. They'll also go where no dental technician has ever gone before--to a dental hygienist's job.

DT2 Jennifer Prince is one of the five ground-breaking technicians participating in the program. She's pleased that the Navy has given her this opportunity, especially since she joined the Navy with the hope of getting training to become a hygienist.

CAPT Wally Milnichuk, DC, Prince's former executive officer who now works at the Bureau of Surgery and Medicine (BUMED) in its dental division as the director of health care analysis, said that not only does this program offer new opportunity for Sailors, it's great for the Navy as well. The dental technician can practice as hygienists at a fraction of the cost of contracting for a civilian hygienist, and can also be sent to where they are needed most--perhaps even aboard ship, which has never been done before.

And as for Prince, she considers this just a stepping stone.

"Ultimately," she said, "I want to be a dentist."

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Headline: Quantico Corpsman Wins Two Ways

Quantico, VA--A year ago, HM2 William Burrell, 26, from the Naval Medical Clinic (NMC) Quantico, VA, was an out-of-Navy-standards sandlot softball player.

Today, Burrell is 65 pounds trimmer and a member of the Armed Forces All-Tournament softball team, noted for his power hitting.

Burrell joined the clinic's baseball team when he reported a year and a half ago to augment the diet and workout program he started to trim down and get within Navy's physical standards.

With his improved physical fitness came improved softball skills. He was selected for the Navy men's softball team, and then was chosen for the Armed Forces All-Tournament Team when he batted in three runs to beat the Army's team and win the Armed Forces title.

The All-Tournament team went on to place third at the Amateur Softball Association Men's Majors National Championship, competing against 36 corporate-sponsored teams. Again, Burrell distinguished himself by being the home run champion and being named to the All American Team.

"I am extremely proud that the Navy won the Armed Forces title, which had not been done in fifteen years, and for the third place achievement in the nationals, which was the highest ever by a military team," Burrell said.

By LTJG Wade A. Wallace, MSC, NMC Quantico

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Headline: Telephone Fraud Hits Beaufort, Bethesda Hospitals

Within the last few months, both Naval Hospital (NH) Beaufort, SC, and National Naval Medical Center (NNMC) Bethesda, MD, have been the victims of telephone fraud resulting in many unauthorized long distance telephone calls and a big telephone bill.

At NH Beaufort, the hospital switchboard operator received a call from an individual who identified himself as a telephone repair person who was working on the hospital's phone lines. The individual requested the switchboard operator transfer them to an outside operator. Upon being

transferred, the individual was able to place long distance phone calls to West Africa locations, all of which were fraudulently billed to the hospital. More than \$1,200 in calls were placed within 45 minutes.

The Naval Criminal Investigative Service (NCIS) at Bethesda said NNMCMC Bethesda had also fallen victim to this scam. NCIS and AT&T, the long distance carrier that was also a victim, are both investigating.

According to NCIS officials, this type of telephone fraud is widespread, affecting not only the military but the private sector as well.

"This is a cautionary tale," said Cole Hanner at NCIS's headquarters office. "Whether you're at work or at home, if you get a call from someone asking you to transfer them to another line, or asking personal information such your address or credit card numbers, don't do it!"

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Headline: Halyburton Memorial Garden Dedicated to Comrades

Cherry Point, SC--On 1 October 1994, Naval Hospital Halyburton, named for Pharmacist's Mate Second Class William D. Halyburton Jr. who died under a barrage of enemy gunfire while caring for a wounded Marine, opened at Cherry Point, NC.

Two years later, the hospital staff dedicated a small part of the hospital to some other fallen comrades--former hospital staff members who have died since the hospital's opening.

Staff volunteers took a small unused corner of the hospital grounds and created a garden memorial, complete with ornamental shrubs and trees, bird bath and feeder, wind chimes, and stone benches. Seasonal flowers are planted and cared for by staff members and their families, and friends of the hospital.

Nurses Carol Lockhart and Lori Glew on NH Halyburton's staff were catalysts in the construction of the garden and its dedication ceremony earlier this month. They recruited volunteers for the garden's construction and raised money to purchase supplies and equipment.

The garden is proving to be popular with hospital visitors and staff.

"There's people out there all the time," said LTJG John Daniels, MSC, on the hospital's staff. "All that was there (before) was a couple of bushes. Now, it's a place where people can come and reflect."

By NH Halyburton Public Affairs.

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Headline: BUPERS Improves Toll-Free Information Line

Washington, DC--An improved Bureau of Naval Personnel (BUPERS) toll-free information phone line is now in effect.

Sporting a new number--(800) 951-NAVY (800-951-6289)--the phone line reaches all detailers, not just the few groups initially accessible when the toll-free number

started in June 1995. In addition, a transfer/connect feature will allow detailers to transfer calls into the Interactive Voice Response (IVR) System, and for callers in the IVR System to choose an option to connect to a detailer. Under the old number, callers would have to hang up and call again.

Callers to the old BUPERS toll-free line will connect with a recording that will refer callers to the new number. After identifying themselves on the IVR by social security number and birth date, callers can access career information, advancement and selection board results, orders status and ENCORE and VSI/SSB results.

Information available through the toll-free number is the same as that on BUPERS Access, the Navy's electronic bulletin board for personnel matters.

BUPERS is pursuing additional upgrades for the toll-free number in the future, including international toll-free calling and a fax catalog, where information accessed on the automated phone system would be automatically sent to the caller's fax machine.

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Headline: Ready Reserves Insurable Against Income Loss  
Washington, DC--Naval Reserve members now have an insurance program to offset or prevent loss of income when involuntarily recalled to active duty.

Implemented in early October, the Ready Reserve Mobilization Income Insurance Program (RRMIIP) is for members of the Ready Reserve of each service's reserve component. Members assigned to the Ready Reserve (Selected Reserve and Individual Ready Reserve) and subject to mobilization, effective on or after 1 October 1996, are eligible to enroll. Members of the Ready Reserve serving on full-time active duty in the Navy are ineligible.

NAVADMIN 237/96 contains further details on policy, responsibilities, eligibility, enrollment, benefits and premiums.

For more information, contact your local Naval Reserve Center.

By LT Lydia Robertson, BUPERS

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Headline: TRICARE Question and Answer

Q. Where to call for TRICARE Information?

A. If you have questions about your military health care benefit under TRICARE, there are many places to get answers. Each military hospital or medical clinic has a health benefit advisor, managed care office or TRICARE Service Center. As some features vary from region to region, your local advisor, office or center will have the most accurate information about your health care benefit.

If it is inconvenient to get to these locations, here's a list of the TRICARE Regions that are now on line and a toll-free number where you can reach a service

representative who can answer your questions:

- Region 2 - NC, VA excluding Washington, DC suburbs: 1-800-990-8272
- Region 3 - SC, GA, FL excluding panhandle: 1-800-444-5445
- Region 4 - FL Panhandle, AL, MS, TN, Eastern third of LA: 1-800-444-5445
- Region 6 - OK, AR, western two-thirds of LA, TX excluding southwestern corner: 1-800-406-2832
- Region 9 - Southern California: 1-800-242-6788
- Region 10 - Northern California: 1-800-242-6788
- Region 11 - WA, OR, and northern counties of ID: 1-800-982-0032
- Region 12 - Hawaii: 1-800-242-6788

Toll-free numbers will be established for Regions 1, 5, 7, and 8, which include the remaining states, when TRICARE becomes operational in those regions.

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#### Headline: Healthwatch: Safety Tips for Trick-or-Treaters

As Halloween approaches, the U.S. Consumer Product Safety Commission (CPSC) warns parents and caregivers that, just like trick-or-treaters, Halloween's hazards to children also come in disguise.

"This holiday is a favorite for children who love to use their imagination and creativity. By using these safety suggestions, consumers can help ensure that their little Halloween ghosts and goblins will have a bag of goodies to show for their fun and will not be haunted by unnecessary injuries," said CPSC Chairman Ann Brown.

- Warn children not to eat any treats before an adult has examined them carefully for evidence of tampering.

- When purchasing costumes, masks, beards and wigs, look for the label 'flame resistant'. Although this label does not mean these items won't catch fire, it does indicate the items will resist burning and should extinguish quickly. To minimize the risk of contact with candles and other fire sources, avoid costumes made with flimsy materials and outfits with big, baggy sleeves or billowing skirts.

- Purchase or make costumes that are light, bright and clearly visible to motorists. For greater visibility during dusk and darkness, decorate or trim costumes with reflective tape that will glow in the beam of a car's headlights. Bags or sacks should also be light colored or decorated with reflective tape. Reflective tape is usually available in hardware, bicycle and sporting goods stores.

- Children should carry flashlights to see and easily be seen.

- Costumes should be short enough so that children won't trip and fall.

- Children should wear well-fitting, sturdy shoes. Mother's high heels are not a good idea for safe walking.

- Tie hats and scarves securely to prevent them from slipping over children's eyes.

- If your child wears a mask, make sure it fits

securely and has eye holes large enough to allow full vision.

- Swords, knives and similar costume accessories should be made of soft, flexible material.

Following these safety tips can help ensure a happy and safe Halloween.

Courtesy of U.S. Consumer Product Safety Commission

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Feedback and comments are welcome. Story submissions are encouraged. Contact Jan Davis, NEDNEWS editor, at e-mail address mednews@bms200.med.navy.mil, telephone 202/762-3223 (DSN 762-3223), or fax 202/762-3224.